

Getting ready for your Electrophysiology (EP) heart procedure

You are having:

- | | |
|---|---|
| <input type="checkbox"/> EPS | <input type="checkbox"/> Atrial Fibrillation Ablation |
| <input type="checkbox"/> Cardiac Ablation | <input type="checkbox"/> _____ |

_____ at _____

Please report to Patient Registration at the Hamilton General Hospital:

_____ at _____

Eating and drinking

- You may eat and drink normally until midnight, the night before your surgery. **Do not eat or drink anything after midnight or your surgery will be cancelled.** This means, no food, fluids, candies or gum.
- You may eat and drink normally until midnight, the night before your surgery. **Do not eat anything after midnight or your surgery will be cancelled.** This means no food, candies or gum. You can have a total of 8 oz (250 ml) of water, apple juice, black tea or black coffee up to 4 hours before your scheduled surgery. **Please, no substitutes.**

These fluids are allowed until: _____

Instructions for your medications

Follow the instructions given to you by your doctor on how to take your heart, diabetic and blood thinning medications.

Name of medication	Stop this medication (date)

If you need to take medications in the morning of your procedure, take them with just a sip of water.

please turn over →

What do I bring to the hospital?

- Bring your Ontario Health Card.
- Bring your inhalers. Leave all other medications and pills at home.
- Wear your glasses or hearing aid.
- Remove contact lenses.
- Wear your medical alert bracelet or necklace to the hospital – will be removed at the hospital.
- Leave your money, credit cards, jewelery and valuables at home.
- Remove nail polish/artificial nail from one of your index fingers (the finger closest to your thumb).
- If you are on your period, use a pad not a tampon.
- Bring only your robe and non-slip slippers, and if needed glasses' case, denture cup and hearing aid case. If other personal items are needed, please have a family member bring them after surgery.
- Remove any body piercings.

How long will I be at the hospital?

You may be able to go home the same day or you may stay overnight. This is often not known until after the procedure. If you stay overnight, you will be transferred to another area of the hospital. Arrange to be picked up by 7:00 a.m.

You will receive sedation. You must arrange for someone to drive you home.

For the next 48 hours, do not:

- drive
- drive or ride on a motorcycle
- operate machinery
- drink any alcohol
- make major or legal decisions

If you think you are pregnant, please tell your doctor or nurse clinician before the procedure begins.

If you have any questions about your visit, procedure or need to change your appointment, call Arrhythmia Service at 905-577-8004.